Couples and COVID-19 confinement

COVID-19 has uprooted everyone’s routines with mandatory stay-at-home orders and quarantines. You may be experiencing something you’ve never dealt with – being confined with your partner for an extended and indefinite length of time. Such a major shift in your daily dynamics can lead to all sorts of emotions. Annoyance, frustration, boredom, sadness, anxiety – any of these can impact your relationship. Below are a few tips to help couples work together through this pandemic.

Communicate

Things might feel a little tenser than normal right now. Maybe you’re more bothered by certain things your partner does or missing your alone time. It’s important to communicate these things to your partner. If you’re feeling overwhelmed and need to devote some time to yourself, like going for a walk or stepping away to video chat with a friend, tell them. As chaotic as this situation is, good communication will make it easier to work together while stuck at home.

Stay positive and have fun

You’ve probably heard this too much already but it’s important to maintain a positive outlook. The constant coverage of COVID-19 gets harder and harder to watch, so take a step back. Instead, take time to learn more about each other. Discover new activities you can try as a team or find creative ways to pass the time together, like at-home date nights, cooking something new, doing a puzzle or playing board or video games.

Stay connected to family and friends

Don’t forget to stay in contact with family and friends while you’re isolating with your partner. Maintaining these other relationships can help you stay grounded and not feel stifled during this quarantine. So, make time to video chat with a friend over coffee or go on a walk and call your parents or extended family to check in.

Establish your space and keep things structured

It can be hard to avoid feeling like you’re working on top of each other. And while establishing your own spaces for work or leisure is important, so is keeping a routine. Set your alarm and get up at your normal time. Walk the dog, make coffee, get dressed – do whatever works for you but stick to that structure. It’s OK if your partner’s schedule deviates from yours, but respect each other by taking calls or video conferences in a separate room, and be mindful of the TV or music volume.

COVID-19 has brought so much uncertainty to our lives. But as long as you remember you’re in this together, it’s possible to not only survive but thrive as a couple. By working as a team and extending greater patience and understanding to each other, your relationship and home can remain a source of comfort and stability in trying times.

You can also find this information here.

References: